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Your essential daily news | WEEKEND, APRIL 1-3, 2016 High 17°C/Low 9°C Sunny

Jazmine Khan, a member of the Vancouver Park Board's trans and gender-variant inclusion committee, says the park board is dragging its heels on meeting its trans-friendly goals. JENNIFER GAUTHIER/METRO

TRANS FOCUS FADES

The woman featured in a trans-friendly parks board campaign is frustrated by the lack of progress a year later

VANCOUVERING

UBC alumna files human rights complaint

ALLEGATION

No response to reports of sexual assault, student says

A former University of British Columbia student has filed a complaint with the province's human rights tribunal alleging the school discriminated against her and other complainants in its handling of sexual assault and harassment reports.

Glynnis Kirchmeier asserts in the document that the university didn't accept and act on numerous complaints about a male PhD student over long periods of time, resulting in more women becoming the victims of sexual violence.

"The system is broken," said Kirchmeier. "There's no way that anyone can ask the university for help with their safety and have the university listen to them and respond."

None of the allegations has been proven. The B.C. Human Rights Tribunal said it does not confirm complaints that have been filed until hearings are scheduled, but Kirchmeier said it was filed recently as both an individual and representative complaint on behalf of other women affected by sexual violence on campus.

After Kirchmeier and others went public with the allegations in November, interim university president Martha Piper apologized and promised to create a standalone sexual assault policy. The school hired an external investigator who concluded there was a delayed response to the complaints due to an unclear reporting process.

Sara-Jane Finlay, the university's associate vice-president of equity and inclusion, said in a statement that the university will respond to the tribunal once it is formally notified of the complaint. A draft of the new sexual assault policy will be ready in June with final approval in the early fall, she added.

"Sexual assault and sexual harassment are unacceptable and are not tolerated at UBC."

The complaint says the first report to the university about the PhD student was made in January 2012 about aggressive behaviour. The document says the PhD student allegedly went on to commit a number of sexual assaults.

The man accused in the documents is not a respondent in the complaint and has not been criminally charged. The Canadian Press has not been able to reach him for comment.

Kirchmeier, who says she witnessed inappropriate behaviour but was not assaulted, alerted the university in January 2014 about what she had seen and was repeatedly dissuaded from filing a formal complaint because she had graduated and was not herself a victim, the complaint states. THE CANADIAN PRESS

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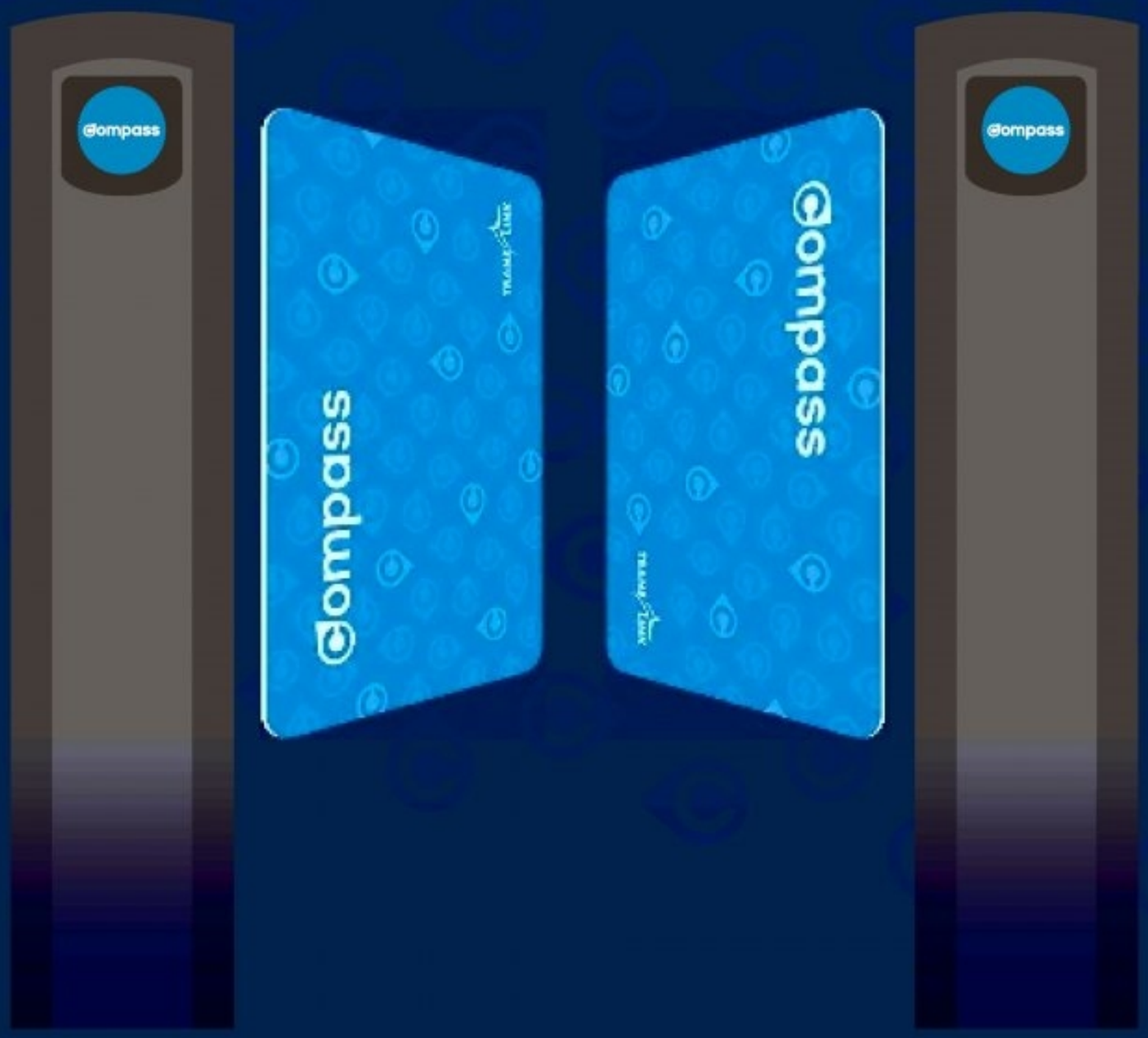

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TRANSLINK

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Your essential daily news

Nintendo launches long-overdue foray into mobile with Miitomo. **Business**

Transit in transition

REVIEW

TransLink's biggest consult ever leading to big changes

Matt Kieltyka
Metro | Vancouver

A B-Line bus crosses Cambie Street along Broadway in Vancouver. JENNIFER GAUTHIER/FOR METRO

A new B-Line bus route along Hastings Street is one of dozens of major public transit changes on the way, according to TransLink.

The transit authority released its 2015 Transit Network Review on Thursday, which outlined a two-year plan to comprehensively adjust Metro Vancouver's public transportation system within its current level of funding.

Tim Savoie, TransLink vice-president of planning and policy, said many of the changes coincide with the Evergreen Line opening next year, improve existing bus connections and introduce new bus routes in growing communities.

A big focus was to improve east-west service along major corridors, hence the plans for a B-Line route along Hastings Street.

Savoie said that service will not only be more frequent and reliable, but will shave off an extra 10 minutes of travel time compared to existing service between Burrard Station and Simon Fraser University.

As part of the review, TransLink received 12,017 surveys from the public about 85 proposed service changes, making it the transit authority's largest ever public consultation on public transit changes.

"It's unprecedented for us," said Savoie. "It's a significant review. Eighty-five changes were brought forward, which is larger than any other (service adjustment plan) we've had in the past."

The plan does not account for any possible expansion from the $370 million promised for Metro Vancouver's transit agenda by the federal Liberal government in its budget, nor its commitment to fund 50 per cent of transit infrastructure projects.

EN ROUTE

Additional route changes

- Extend N8 and N20 Night-Bus service in Vancouver to Marine Drive Station.
- Reroute 509 to Lougheed Station and 501 onto Hwy. 1 to reduce overcrowding on 555, improve connections South of the Fraser.
- Discontinue 97 B-Line and 190 in Tri-Cities when Evergreen Line opens.
- Discontinue West Coast Express TrainBus and extend non-peak 701 trips.
- Redesign bus routes to Horseshoe Bay and Tsawwassen Ferry terminal with faster service and fewer stops.

"With no new funding, we have to serve more customers with existing revenues," said Savoie. "This review will be implementing in the next two years. Anything that happens outside that envelope will be for the Mayors' Council's plan, which we still support."

That 10-year, $7.5-billion transit plan — contingent on the region finding a new source of revenue for its share — includes further bus improvements, a subway along Broadway in Vancouver and light rail transit lines in Surrey.

Metro Vancouver residents voted staunchly against a proposed 0.5 per cent regional sales tax in a plebiscite last year, which mayors hoped would cover the region's portion of the funding.

EDUCATION

Board faces $27M shortfall

Tereza Verenca
For Metro | Vancouver

The Vancouver School Board anticipates facing its largest shortfall ever during the upcoming school year, according to the chair.

A preliminary budget proposal unveiled Thursday showed that VSB is projecting to be $27.26 million in the red for 2016-17, two million more than forecast in February.

"It's a very sad day because these cuts will have devastating impacts on our kids, our families and our teachers," Mike Lombardi said during a press conference.

Mike Lombardi JENNIFER GAUTHIER/FOR METRO

Chronic underfunding, the downloading of costs by the province and a declining enrolment are behind the shortfall, he added.

In order to balance the budget, as required by the School Act, the board is proposing cutting 168 full-time positions and further slashing administrative costs. The district's band and strings program is on the chopping block, as well as 12 literacy teachers at Vancouver's inner-city schools.

Lombardi called on the province to provide "adequate and stable funding" for the board and any of its counterparts facing a similar situation.

But the Ministry of Education responded that VSB started the school year with more than $24 million in operating surplus.

"It's disappointing to see the VSB's continued pattern of delivering an interim budget that predicts yet another large deficit," reads the statement from Minister Mike Bernier. "This goes against key recommendations from the audit, which noted releasing interim budget estimates 'is significantly' misleading to the public."

Bernier says the board has received "record funding" from the province and failed to deal with under-capacity schools. It argues taxpayers are paying an extra $37 million a year funding empty seats instead of education.

The public can have their say on the preliminary proposal on April 12 and 25th. Trustees will approve the budget on April 28.

MEDICINE

Boomer Hep C linked to procedures, not behaviour

British Columbia researchers have shattered the prevailing stigma that most baby boomers diagnosed with hepatitis C contracted it via risky behaviour.

Dr. Julio Montaner and his team at the BC Centre for Excellence in HIV/AIDS partnered with the U.S. Centers for Disease Control and Prevention to find out why 75 per cent of the 4.6 million adults infected with virus in North America were born between 1945 and 1964.

"The theory was that in North America the Hepatitis C epidemic in baby boomers was due to some behavioural indiscretions that generation had in their younger years," said Montaner, referring to injections drug use, needle sharing and risky sexual encounters. "That understanding led to the significant development of stigma around Hep C."

But by tracking the history of the epidemic and studying virus sequences in more than 45,000 records, researchers believe they've put that stigma to an end.

Analyses show that the hepatitis C epidemic was at its height between 1940 and 1965, 15 years earlier than previously believed.

The exponential growth of the epidemic soon subsided after that period.

That means many baby boomers that contracted the disease could have been exposed to it in childhood, and not during their late-teens or early-20s.

Montaner believes the ill-informed medical procedures of the day could be just as, or more, responsible for the epidemic as any risky behaviours.

"At that time, it was accepted practice to re-use glass and metal syringes. They were boiled and reused but boiling them does not get rid of hepatitis C," said Montaner. "I remember even in some places disposable syringes would be reused because that was just the procedure at that time."

Because of the nature of the disease (which can manifest itself in the form of cirrhosis, liver cancer and other life-threatening conditions decades later), Montaner says many baby boomers may not know they've either been exposed to hepatitis C or are infected.

MATT KIELTYKA/METRO

PREVIEWING THIS SATURDAY

R + R

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KITSILANO

City arborist dies in workplace accident

Emily Jackson
Metro | Vancouver

A City of Vancouver arborist died in a workplace accident at a Kitsilano park on Thursday morning, a tragedy that prompted an investigation by WorkSafe B.C.

The parks board employee was removing limbs from trees in a boom-mounted bucket elevated off the ground at Connaught Park around 9:30 a.m., WorkSafe B.C. spokesman Scott McCloy said.

Somehow, a large-diameter tree limb broke off and crushed the worker against the interior of the bucket, McCloy said. He was transported to hospital where he died from his injuries.

"This isn't supposed to happen and it's very tragic," McCloy said.

WorkSafe B.C.'s prevention team, engineers and investigators are on the scene to try to understand what happened so it can be prevented in the future, he added. The investigation could take several months.

The city and park board issued a joint statement saying the organization is deeply saddened by the incident.

"Our warmest thoughts of sympathy go out to the family, friends and colleagues of the staff member," according to the statement.

More information will be released once police notify next of kin.

> **This isn't supposed to happen and it's very tragic.**
> Scott McCloy, WorkSafe B.C.

REPORT

Van most expensive Canadian market

Skyrocketing property costs are to blame for the higher cost of business in Vancouver compared to Montreal and Toronto, according to a new report on the world's most competitive cities for business.

The City of Vancouver placed 17th on the competitiveness ranking of 111 cities released by KPMG this week, slightly behind Montreal and Toronto in 11th and 14th place respectively. It cites property costs for Vancouver's lag behind Canada's two largest cities.

Still, the decreasing Canadian dollar gives all three cities a big cost advantage compared to 29 major cities around the world, with all landing a spot in the Top 5 least expensive places to do business.

The Vancouver Economic Commission is celebrating the report as a win for the city, which notably has become a tech company hub.

"This study is further validation of the message we tell around the world," VEC CEO Ian McKay said in a statement, pointing to the city's competitive tax regime and talented people.

"No wonder we have the fastest growing economy in Canada." EMILY JACKSON/METRO

Spencer Chandra-Herbert, MLA for Vancouver-West End. JENNIFER GAUTHIER/METRO

Ministry turns away homeless man, son

HOUSING

MLA comes to aid of man, toddler in need

Jennifer Gauthier
Metro | Vancouver

The MLA for Vancouver-West End is calling on the province and the federal government to act on B.C.'s housing crisis after a homeless man and his toddler showed up at his constituency office on Wednesday with nowhere to go.

In a Facebook post, Spencer Chandra-Herbert writes how the out-of-province family came to his doorstep seeking emergency shelter after the Ministry of Social Development told them they could do nothing to help and sent them on their way.

"I think the man was scared and full of anxiety," Chandra-Herbert told Metro. "The kid was full of life and enthusiastic, but clearly they shouldn't have had to be tromping around downtown Vancouver from one office to the next."

He said his staff immediately got on the phone and started calling anyone who could provide a warm place to stay. It wasn't easy, he noted, since the only two shelters in Metro Vancouver accepting men with kids were fully booked.

By day's end, the office found the father and son a few nights stay at an undisclosed location, made possible through a non-profit organization.

"My big question is what happens when that housing runs out. We want to make sure there is a support plan and that they don't have to get caught in a scary situation again," Chandra-Herbert said. He added the incident shows the need for a national housing strategy and more provincial funding.

"The government, I think their line is, 'The most successful housing strategy in North America.' It's not success when you have a man and a toddler on the street. It's not a success when homeless numbers are going up. You have squats in many regions of Metro Vancouver, tent cities, that kind of thing. It shows to me we have to step it up."

Despite being an unfortunate situation, Chandra-Herbert said he isn't looking at putting blame on any individual ministry staff member.

"They have limited means, limited time, massive caseloads, so things do fall through the cracks," he said.

According to an emailed statement from Michelle Stilwell, the Minister of Social Development Social Innovation, Chandra-Herbert's claims are false and the ministry does not turn away people in need.

"Staff determine those needs through a voluntary assessment. The assessment determines whether an application for assistance has an immediate need for food, shelter or urgent medical attention," the statement reads. "The ministry offered this person assistance and referrals to outreach organizations that could assist with finding shelter. This person refused our offer to provide assistance."

Stilwell goes on to say her office reached out to Chandra-Herbert to make sure the homeless man and his son received the supports he needed.

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

SEA TO SKY

Running away from the easy way out

Cam Tucker
Metro | Vancouver

"Keep going. Just remember: One foot in front of the other, one foot in front of the other, one foot in front of the other. Keep going. Only a few more kilometres..."

For someone who had only ever run 12 kilometres in one go, the last two weeks of training for the BMO Half Marathon on May 1 have been about pushing previous limits, getting over those mental hurdles, so that on race day there will be little to no apprehension in my mind that running the distance of 21.1 kilometres is possible.

After my last two long runs — 16 and 20 kilometres, respectively — I have no doubts.

But as you could probably tell from the opening — a snippet of what was going through my mind in the closing moments of that 16-kilometre endeavour — the grind of longer distances was difficult to overcome.

I've always found it fascinating to see people, whether world-class athletes or not, push through pain. It's so impressive to see them resist the easy alternative.

That's where the recent successful runs have been such a confidence boost on a personal level.

Yes, they were challenging. On that 16-kilometre run, it was the final two-kilometre stretch, which doesn't seem like much, that I found hardest. My left knee was hurting. My ankles and feet were sore — same goes for my hips. To make matters worse, the route my wife and I were on goes slightly uphill toward the end.

As I entered that last eighth, part of me was thinking that I had run about 14 kilometres and that was, at the time, a personal best, so no shame in stopping. Then I thought, "If you can't run 16 kilometres now, how are you going to run 21?"

A week later, I was able to reel off 20 running on the dikes in Pitt Meadows.

Now, bring on the half marathon! (Just let me ice

'Brushed under a rug'

A year after Vancouver launched its trans-friendly campaign at community centres, the woman featured in it is frustrated by the lack of progress.

CAFÉ POLITICS

TRANS RIGHTS

Emily Jackson
Metro | Vancouver

Jazmine Khan stands outside of the Hillcrest Community Centre on Thursday. JENNIFER GAUTHIER/FOR METRO

A year ago, the Vancouver Park Board splashed Jazmine Khan's face across posters to promote the rights of trans and gender-variant people in community centres, a campaign that garnered praise from media and LGBTQ activists alike.

At the time, park board commissioners said the pilot project would eventually be rolled out across its 24 community centres in a bid to make recreation facilities safer for all.

But Khan, 19, says the park board's efforts to make real progress with the campaign and the 77 recommendations put forward in 2014 by the Trans and Gender Variant Inclusion Steering Committee have been "brushed under a rug" now that the cameras aren't paying attention.

"There really hasn't been any full pushes for this," said Khan, who trains park board employees on trans inclusivity and is a member of the steering committee.

"It's definitely come to that point where I'm like, 'OK guys, pick it up.' It's a year in."

Khan took her story to Metro because she's fed up with waiting for the park board's response on how it plans to move the policy forward. Of the 77 recommendations, seven are complete, 46 are in progress and 24 have yet to be started, she said.

"To keep us stable and going at a good pace, we have to make sure we have some assurance from the park board that they hear our concerns and are committed to us," she said.

Glossy, oversized posters with the tagline "Don't stop and stare, stop and think" still only hang at Hillcrest Community Centre and tucked away near the sauna at Templeton Park Pool, Khan said, with printouts haphazardly distributed at a few other centres.

A trans-friendly swim session, piloted for eight weeks starting in January 2015, has become permanent, and the committee has trained three or four groups of about 40 employees during 90-minute sessions.

But Khan said there has been little movement on the other recommendations, partly due to the lack of funding. (The committee is made up of volunteers and doesn't meet very frequently.)

Quick-start recommendations (within a year) included installing universal signage for all single-stall washrooms — the board decided to move away from calling it the men's room and ladies' room two years ago — and ditching the binary male/female gender options during the sign-up process. These policies are not complete.

The park board refused to comment on its progress for this story but said the general manager plans to hold a meeting with senior staff and the committee to discuss "progress and perceptions of progress."

According to Shauna Wilton, the park board's acting director of recreation, the signage was a one-year pilot program and must be reviewed and evaluated by the committee, park board employees and the public before it is rolled out at other facilities.

Khan understands that policies take time to implement in a bureaucracy but questions whether the park board's commitments are just cosmetic, considering she was sent to Nanaimo to present the policy to officials from other municipalities.

"They wanted us to do that when we really haven't done that much," she said.

But she acknowledges progress has been made, adding that Vancouver is the first municipality to come up with a comprehensive trans-inclusive policy.

The swim especially has made people feel safer, whether they're trans, gender variant or have physical traits such as scars or weight that make them uncomfortable during public swims, Khan said.

"We are the leading edge of this. We're the pioneers," she said. "At the end of the day, we are making a change; it's just that there's a lot more changes to be done."

> **At the end of the day, we are making a change; it's just that there's a lot more changes to be done.** Jazmine Khan

THINK BIG. LIVE LOCAL

Left: Certified expressive arts therapist Calla Power shows off some of her own art. **Right:** Examples of work produced through expressive arts therapy. CONTRIBUTED

VANCOUVER TRENDING **THE HEALING POWER OF ART**

Painting their pain onto canvas

Amy Logan
For Metro | Vancouver

A Syrian refugee shapes his anger into a clay sculpture. A child dealing with ADHD finds a moment of stillness in writing a poem. An elderly woman paints a beautiful image of rolling waves to express her sense of wonder.

Art therapy takes many forms, but at its heart, it allows a person to transform emotions and ideas.

Vancouver is seeing an increasing demand for art therapy. From children dealing with poverty and behavioural issues to seniors struggling with Alzheimer's, such therapies allow people to express things that may be hard to put into words.

Post-secondary programs that train instructors, such as expressive arts therapy at Langara, are at capacity, with most graduates finding employment almost immediately.

The Arts Therapy Institute and the Vancouver School of Expressive Arts Therapy also offer training. And the BC Art Therapy Association provides a directory of practising art therapists.

It was a chance encounter with an 80-year-old man at a Vancouver bus stop that sparked Calla Power's interest in art as therapy. The man's wheelchair had run out of power, and Power offered to push him home. As they walked, he opened up to her about his war-ravaged past. A tentative friendship began.

Visiting him weekly, Power eventually started to record his story. As he described long-buried trauma, Power saw first-hand the healing that can take place when a person expresses hidden feelings. As she puts it, "It is such a gift to be able to see people's imaginations, to watch and be a part of their expression."

While they talked, he often took photos of what he saw around him and he created a map from childhood memories out of several pieces of paper, stuck together with hospital tape. The encounter "changed my life," Power says.

She went on to graduate from the program at Langara and is now a certified expressive-arts therapist.

Since graduating, Power has opened a private practice, Inner Garden Expressive Arts Therapy, with a partner, Carla Shirley. She also facilitates a seniors group at Louis Brier Home and works with Surrey School District students facing challenges, including refugee status, generational poverty and behavioural issues.

Creative Life, a community-arts initiative, offers another example of the therapeutic benefits of art. Aiming to engage East Vancouver youth dealing with homelessness, poverty and addiction, Creative Life hosts a weekly open studio that offers a safe space for creative expression. Through art, participants find a sense of their own resilience and belonging, a chance to make their voices heard.

As Power points out, the end goal of expressive arts therapy is to bring people's suffering into a form that exists outside of themselves, so that they can disengage with it, relate to it or change it.

"Having your story told, listened to and witnessed is very powerful," she says.

Lives change as a result, and healing can begin.

FOOD NOTES **EGGLESS SPINACH-ARTICHOKE DIP THAT WILL LEAVE YOU SWOONING**

Erin Ireland
Metro | Vancouver

When Jenna Perreault was diagnosed with an egg allergy, she became determined to create a winning eggless dip to bring to parties.

She tested spinach-artichoke dip recipes at her five-year-old Port Coquitlam bakery, Delish Gluten Free, using customers as tasters. The feedback was so positive, the dish has been a mainstay on her shelves ever since — and I'm not surprised. It's creamy, rich, full-flavoured perfection.

Come to Delish for the spinach-artichoke dip; stay for the bagels. ERIN IRELAND/FOR METRO

One of Jenna's secret ingredients is an egg-free mayo from Hampton Creek. She also flavours her addictive, chunky dip with shallots, green onions, roasted garlic and lemon juice.

Chips are one method of transporting the dip to your palate. My favoured choice, however, is Delish's gluten-free bagels, which crisp up perfectly in the toaster.

Piled high with spinach-artichoke dip, this hearty snack could be the new avocado toast.

These two Delish Gluten Free products are the tip of the iceberg when it comes to items on offer at Jenna's bustling bakery. She makes bread, lasagna, pesto, muffins, cookies and so much more — all of which are gluten-, wheat- and nut-free. "And, by fluke, my products are 90 per cent vegan, too," says Jenna, who is committed to using local ingredients.

Delish Gluten Free is open Monday to Friday from 8 a.m. to 6 p.m. and on Saturdays from 9 a.m. to 3 p.m.

And soon you can expect Jenna's baked goods to launch at retail outlets in Vancouver.

Find the bakery online at **delishglutenfree.com**.

CONTEST

Halifax Explosion is the king

Yvette d'Entremont
Metro | Halifax

Vincent Coleman at the end of the Heritage Minute CONTRIBUTED

"Hurry! You've got to get these people out of here. That ship is going to blow," an actor playing train dispatcher Vince Coleman breathlessly says during a Heritage Minute re-enactment of the Halifax Explosion.

The Heritage Minutes series is an iconic Canadian tradition, providing short snippets of important moments in the country's history. Vimy Ridge, Terry Fox, Superman, Laura Secord and Agnes MacPhail are among 82 varied videos that make up the series.

On March 31, the Halifax Explosion minute was crowned champion of the Heritage Minutes following Historica Canada's #MinutesMadness Twitter contest.

Andrea Hall, communications spokeswoman for Historica Canada, said the contest began March 7 as a leadup to the 25th anniversary of the launch of the Heritage Minutes.

Each week viewers got to choose between a selection of videos. The contest garnered more than 2,000 votes. Voting closed at midnight Thursday.

The final two Heritage Minutes left standing were from Nova Scotia: the Halifax Explosion and the story of Viola Desmond challenging segregation in the province in the 1940s.

Desmond's Heritage Minute defeated the Underground Railroad, while the Halifax Explosion short video beat Dr. Wilder Penfield, credited with "drawing the road map of the human brain."

On Thursday morning, the Halifax Explosion video won over Viola Desmond with 62 per cent of the overall vote.

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'We can't let these people die in vain'

TRAGEDY

Six adults, 3 kids killed in First Nation community fire

This photo posted to Faith Strang's Facebook page shows her three children Ireland (standing in black), Aubree (standing holding a bottle), and Amber (in the green walker). Faith, the three children, and five other family members are believed to have been killed in a fire on the First Nations reserve in Pikangikum, Ont., on Tuesday. FACEBOOK.COM

A First Nations chief says the deaths of nine people in a house fire on a remote northern Ontario reserve should spur the federal government to improve what he says are third-world conditions on dozens of reserves.

"We can't let these people die in vain," Isadore Day with the Chiefs of Ontario said Thursday.

"There should be a direct and immediate response to this situation. This is typical across all First Nations that are living in third-world conditions."

A blaze that erupted in a family home late Tuesday night on the Pikangikum reserve killed six adults and three children.

Ontario Provincial Police said investigators and a stress team were in the community, but finding the cause of the blaze could take "a week or more."

A fundraising page created by a community member identified the dead as Gilbert and Annette Strang, their daughter Faith, Faith's husband Dietrich Peters and the younger couple's three children — Ireland, 4, Aubree, 2, and eight-month-old Amber.

The Strangs' son Gilbert and his wife Sylvia Peters also died in the fire, it said.

Previous inquests into similar tragedies have highlighted the challenges facing remote northern reserves such as Pikangikum.

Homes are dilapidated, not built to comply with any modern code and often don't have running water, let alone a smoke detector. There are often several generations of families sharing a tiny bungalow, heightening the potential toll fires can take when they break out.

"Most homes are simply a death trap," Day said.

Any fires spread quickly and communities are often woefully unprepared. Many don't have fire trucks and rely on water trucks with no more pressure than a garden hose. If a community is lucky enough to have a fire truck, there are often not enough trained volunteers to operate it properly, inquests and internal government reports have found.

Day said more than 90 per cent of homes don't have running water in Pikangikum.

Indigenous Affairs Minister Carolyn Bennett said Thursday the deaths underscore the need to improve living conditions on reserves. She said money in the recent federal budget will help improve the deplorable state of reserve housing. But she couldn't say when a community such as Pikangikum could expect vastly improved living standards.

National Chief Perry Bellegarde of the Assembly of First Nations said the federal budget was a good start to make up for decades of neglect. Too many indigenous people are dying in fires that are completely preventable, he said.

"How many more deaths have to happen before action is implemented? It's not acceptable in 2016." THE CANADIAN PRESS

IN BRIEF

Economy kicks off 2016 with strong growth

The Canadian economy kicked off 2016 by rocketing higher, raising hopes for better-than-expected growth this year.

Real gross domestic product rose 0.6 per cent in the first month of the year, boosted by manufacturing, retail trade and the oil and gas sector, Statistics Canada reported Thursday. The result was twice the 0.3 per cent that economists had expected for the month.

THE CANADIAN PRESS

REPRODUCTIVE RIGHTS

P.E.I. to allow access to abortions in province

Prince Edward Island has agreed to provide abortions within the province by the end of the year, ending decades of forcing women to travel to neighbouring provinces to access the procedure.

The Island's Liberal government announced Thursday it will not fight a legal challenge launched in the province's Supreme Court by the group Abortion Access Now, which says the province has an obligation to provide safe abortions under the Charter of Rights and Freedoms.

P.E.I. is the last province in the country to allow abortion access within the province, 28 years after the 1988 Morgentaler decision of the Supreme Court struck down laws restricting abortion in Canada.

Women from the Island must currently travel to New Brunswick or Nova Scotia to get abortions paid for by the Island government.

THE CANADIAN PRESS

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Greece to OK deportations

REFUGEE CRISIS

Over 50,000 stranded at border with Macedonia

Due to be voted on Friday, the bill would set conditions for refugees and migrants to be sent back to Turkey from the Greek islands. AFP/GETTY IMAGES

Lawmakers in Greece were ready to support legislation to deport refugees back to Turkey as clashes between migrants persisted Thursday at overcrowded detention camps.

A three-hour fight broke out overnight between groups of migrants camping out in Greece's main port of Piraeus, leaving eight people injured and requiring treatment at nearby hospitals.

The clashes, believed to have been between Afghan and Syrian migrants, left the area strewn with rocks and broken glass. New protests were also reported at detention camps on the Greek islands of Lesbos and Chios, from where deportations to Turkey are due to start next week.

More than 50,000 refugees and migrants have been stranded in Greece after Balkan countries closed their borders to the massive flow of refugees pouring into Europe. Some 11,500 remain camped out at the border with Macedonia, ignoring instructions from the government to move to organized shelters. Hundreds of those camping out in Piraeus were boarding buses Thursday for newly created refugee camps elsewhere in Greece.

THE ASSOCIATED PRESS

INDIA OVERPASS COLLAPSE KILLS DOZENS A long section of a road overpass under construction collapsed Thursday in a crowded Kolkata neighbourhood, with tons of concrete and steel slamming into midday traffic, leaving at least 21 people dead and scores of others injured in the Indian city, police said. Rescuers used saws, small cranes and their bare hands to dig through the wreckage in search of survivors. At least 21 people were killed, a police official said on condition of anonymity because he was not authorized to speak to the media. It was not immediately clear how many people remained missing. THE ASSOCIATED PRESS

Architect Zaha Hadid dead at 65

World-renowned British-Iraqi architect Dame Zaha Hadid, best known for her design of the London Aquatic Centre, has died after suffering a heart attack in Miami. She was 65.

"It is with great sadness that Zaha Hadid Architects have confirmed that Dame Zaha Hadid died suddenly in Miami in the early hours of this morning," according to a statement from her company.

Born in Baghdad, and based in the U.K., Hadid was perhaps the most famous female architect in the world, and was the first female recipient of many top industry awards, including the 2004 Pritzker Architecture Prize.

In 2015, she became the first solo female winner in 167 years to receive the Royal Institute of British Architects' Gold Medal.

Known as a true 'Starchitect,' a term given mostly to male architects, her innovative and futurist structures can be seen all over the world.

Queen Elizabeth honoured her with 'Dame' status in 2012.

Hadid's larger-than-life career faced many obstacles, in an industry that's still known to be male-dominated and often unfavourable to women. She frequently spoke about the prejudices she faced as a female architect.

"Starchitect" Zaha Hadid
AFP/GETTY IMAGES

VIRGINIA

State trooper shot dead at Greyhound bus station

A gunman fatally shot a Virginia state trooper Thursday at a busy bus terminal in the capital city of Richmond before he was shot dead by two other troopers, police said. Two civilians were also shot but were expected to recover.

Trooper Chad P. Dermyer, 37, died after being shot multiple times, according to Virginia State Police Superintendent Col. Steven Flaherty. The civilians, both women, sustained injuries that were not life-threatening.

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Free tax software often best: Expert

With tax season upon us, some Canadians may be exploring new options for filing their returns this year.

Should you hire an accountant? Or do them yourself on a computer or on paper? Experts say the answer to that question depends on how complicated your financial situation is and how comfortable you are with taking on the task.

Last year, the Canada Revenue Agency received 23.4 million (81 per cent) electronic returns compared with 5.4 million (19 per cent) paper returns. It notes that the number of people filing their personal tax returns electronically has been steadily increasing over the past five years.

If filing over the computer doesn't appeal, filers can still go the free route if they go to one of the free temporary volunteer-run tax preparation clinics across the country aimed at those with low to moderate incomes.

Dale Romanovsky, a chartered professional accountant, says free tax help and free software can help filers save money, but it's really most beneficial for those with simple returns. Those who have more complicated filings — for example, different streams of income, foreign property or a small business — should consider seeking in-person, professional help.

"If their return is pretty simple, (they're) just earning employment income, then the software should be manageable," he said.

THE CANADIAN PRESS

market minute

DOLLAR 77¢ (–0.13¢)

TSX 13,494.36 (–9.62)

OIL $38.34 US (+2¢)

GOLD $1,235.60 US (+$7)

NATURAL GAS: $1.959 US (–3.7¢)
DOW JONES: 17,685.09 (–31.57)

Nintendo is partnering with Tokyo Internet firm DeNA to develop and operate new game apps based on Nintendo's intellectual property, including its iconic game characters.
CONTRIBUTED

Nintendo goes into mobile

TECHNOLOGY

Revenue from mobile gaming surpassing consoles

After a promising launch in Japan, Nintendo's long-overdue foray into mobile is set for a much wider test.

The Japanese electronics maker's free to download Miitomo mobile app for iOS and Android went live in the U.S. Thursday. Nintendo says Miitomo is also available in numerous other counties including Canada and in several languages.

While Nintendo remains committed to the video console business it has a powerful impetus for branching out given that Candy Crush maker King and others have demonstrated that a single mobile game franchises can generate billion-dollar annual sales.

Industry research firm Newzoo estimates that mobile gaming revenue hit $30 billion (U.S.) last year, surpassing console gaming at $26.4 billion. Newzoo says while growth has cooled in North America and Europe, it remains explosive in Asia.

Nintendo is partnering with Tokyo Internet firm DeNA to develop and operate new game apps based on Nintendo's intellectual property, including its iconic game characters, for use on nearly ubiquitous mobile devices.

"With Miitomo, Nintendo takes its first step into the world of smart devices," said Scott Moffitt, Nintendo of America's executive vice-president of sales and marketing.

Nintendo says the app was downloaded a million times in the first three days in Japan after its release on March 17, ranking as the most downloaded free app on both the App Store and Google Play.

The company, however, is playing catch up in the increasingly crowded mobile game space and its in app purchase strategy is unlikely to make up for a lack of paid app revenue in the early stages.

But analysts said the mobile offering could bring back players who migrated away from games on the company's dedicated hardware, such as the Wii and handheld DS devices.

"This should remove any doubts about the Nintendo brand's relevancy in the smartphone age," said Jefferies analyst Atul Goyal.

The family-friendly games maker plans to launch four more mobile games by the end of 2017 that will also be free to download.

Unlike Miitomo, future titles will include some of Nintendo's most popular characters and the company has promised to bring hits like Super Mario Bros. to mobile phones and tablets. TORSTAR NEWS SERVICE

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LOCATION: Fairmont Waterfront

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Your essential daily news **SCIENCE SAYS** Weekend, April 1-3, 2016

R.I.P. LAUNDRY? A fabric with silver and copper nanoparticles can clean itself when exposed to light.

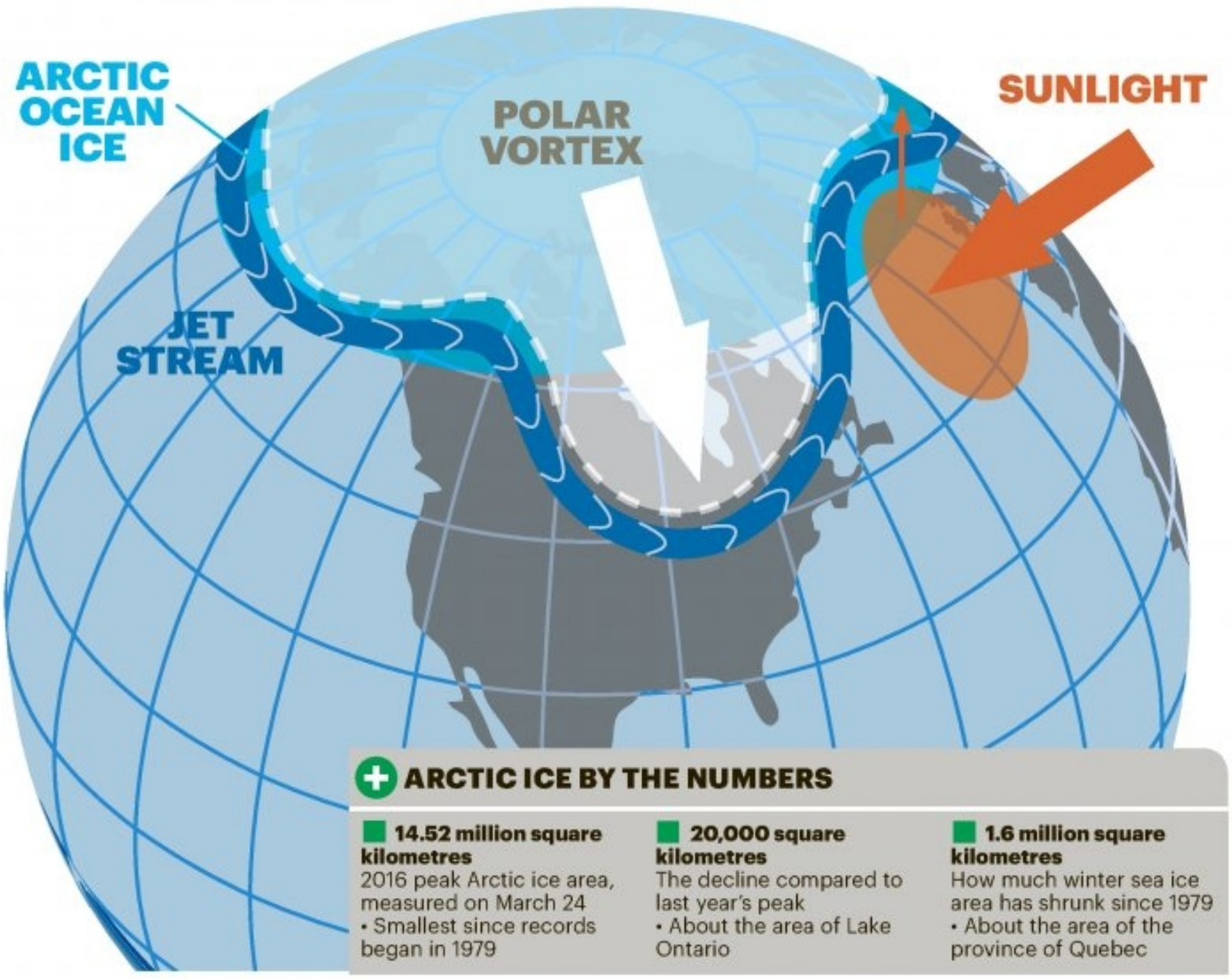
DECODED Climate shocker

NOW GLOBAL WARMING MAKES THINGS COLDER

The polar ice cap is the smallest we have ever seen it. Each winter, the vast arena of ice that covers the Arctic Ocean reaches a peak area big enough to cover all of Canada and about half the United States. This year is different. The ice's peak size is the smallest it's been in the 37 years we've measured it. Climate change is here, and **we could be in for some wild weather.**

WHAT'S GOING ON?
Scientists believe sea ice helps keep the circling mass of cold air we call the **polar vortex** close to the North Pole.

- As global average temperatures have climbed, the **Arctic Ocean ice** has shrunk. Arctic temperatures were 5.5 to 8.3 C above normal this season.
- With less ice to reflect **sunlight**, the ocean absorbs it.
- This triggers changes to pressure and temperature and causes the **jet stream** to wander and wobble.
- The result? Frigid **polar vortex** air travels south, unleashing cold snaps like the one expected in the next few days from Manitoba to the Maritimes. Brr!
- A meandering **jet stream** is also a recipe for extreme weather events like Hurricane Sandy.



ARCTIC ICE BY THE NUMBERS

14.52 million square kilometres
2016 peak Arctic ice area, measured on March 24
• Smallest since records began in 1979

20,000 square kilometres
The decline compared to last year's peak
• About the area of Lake Ontario

1.6 million square kilometres
How much winter sea ice area has shrunk since 1979
• About the area of the province of Quebec

GRAPHIC: ANDRÉS PLANA/METRO

CITIZEN SCIENTIST by Genna Buck

I can't keep up — now, any alcohol is bad for me?

What, now even one or two drinks a day is unhealthy? I'm so sick of conflicting health advice! — Felicia, Vancouver

Dear Felicia,

Believe me, as a boxed-wine aficionado, I'm upset about this too. An analysis out of the University of Victoria this month looked at 87 past studies about the relationship between drinking alcohol and rates of death from any cause. It cast doubt on years of evidence suggesting people who enjoy one or two drinks per day have lower rates of heart disease, diabetes and death than those who never drink at all. (That's *premature* death. The lifetime risk of death is 100 per cent). Here's the problem: 73 of these studies didn't sort the participants properly. Abstainers (people who don't drink and never have) were frequently lumped into the "non-drinkers" category along with people who currently abstain, but used to drink.

And why do people quit drinking? Often because of health problems or old age. Light drinkers misleadingly appear healthier in comparison.

After adjusting the data for that, there was little difference in death rates between light drinkers and teetotallers. Light drinkers are at higher risk of cancer death, but a lower risk of heart disease.

This is one paper, not the final word on the topic. But it shows the need to be careful interpreting observational studies of health outcomes at a big-picture, population level; so many variables are at play that it's hard to account for them all.

Here's what we do know: Any benefits of alcohol disappear above one or two drinks a day, and drinkers knocking back four or more risk addiction, serious health problems and early demise. But for most, light drinking is low-risk. I'll raise one or two glasses to that.

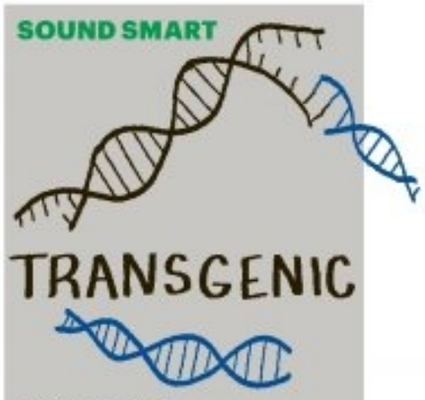
Science Question? Tweet @genna_buck

FINDINGS
Your week in science

FACE FACTS
Ohio State University researchers say just one facial expression is universal: the "Not Face." Wherever you are in the world, the crinkled brow, thin lips and raised chin mean, "I do not agree."

ZOOMED IN ON ZIKA
Images taken with a powerful cryo-electron microscope show the sugar molecules on the outer shell of the Zika virus are in a different place than on similar viruses such as dengue. Purdue University biologists believe those sticky sugars may play a role in how Zika latches onto brain cells.

SOUND SMART



DEFINITION
Transgenic living things have been engineered to contain genes from a different species. **Transgenic is a more accurate term than "genetically modified."**

USE IT IN A SENTENCE
"Marco spent all day in the grocery store looking for cereal that is not **transgenic** — he doesn't know overwhelming evidence shows transgenic foods are perfectly safe to eat."

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by Jason Logan

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MOVIES MUSIC TELEVISION DIGITAL

Linklater goes for the raunch

FILM

Newest film set in 1980, before the cultural backlash

Richard Crouse
For Metro Canada

Writer/director Richard Linklater, maker of Boyhood and The Before Trilogy, poses for pictures in Toronto. His new film Everybody Wants Some!! is a "spiritual sequel" to his early hit Dazed and Confused. VINCE TALOTTA/TORSTAR NEWS SERVICE

Richard Linklater's new film Everybody Wants Some!! is set in that sweet spot between Saturday Night Fever and the Reagan Years.

Ripe with feathered hair, bell bottom pants and milk crates used as LP storage, it's the story of college life over the course of one weekend in 1980 set to the throbbing beat of disco and new wave music.

"It was a raunchy time," says Linklater. "It was pretty hedonistic. Sex, drugs and rock and roll. I had to impose that back on my cast.

"Disco was sex. Dancing was foreplay. You were hoping to keep it going and that it would get personal. The humour was really raunchy. It was not innocent but there was a certain kind of playfulness to it."

The 55-year-old director calls the 1980s "a good time for me. A good time to be in your twenties. I was that guy who took his album collection and his music and his speakers off to college. My entire net worth at that age was in music."

"You do a movie to examine your feelings or what you think," he says. "I thought a lot about my own life at that time and also the culture. It's my little anthropological look (at 1980).

"I came out of it thinking that was the end of something. The eighties got much more serious. There was the AIDS epidemic but also there was the cultural backlash. There was the Reagan administration, Pat Robertson, (Jerry) Falwell and it's kind of a war and not only a war on drugs.

MOVIE RATINGS by Richard Crouse

Midnight Special	★★★★
Everybody Wants Some!!	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

"They were trying to move the culture back to the fifties or some mythical past before all this corruption, i.e. the freedoms of the sixties, women's liberation. That was really in full gear by '82, '83 so I look at this and think, this was the last time there was that unabashed, raunchy hedonistic pure fun.

"I look at it and go, that was a good time to be young because that was all going to change."

The Texas-born filmmaker says he spent his '80s college years underground, immersed in punk rock. "It was getting kind of ugly in accepted culture so I zoned out a lot of it."

Since then he has made a career chronicling contemporary suburban culture in films like Slacker, Dazed and Confused and most recently in the twelve-years-in-the-making Boyhood.

Along the way he's learned a thing or two about how society is changing.

"I think the culture has actually changed less and less," he says.

"I observed that on Boyhood. I thought the world would look a lot different in those twelve years. If you take 1969 to 1981 you got a lot of different looks, cars, everything. In Boyhood nothing changed. The phones changed but the cars all looked the same, the hairstyles.

"I think we've hit a wall. Technology is so quick moving that it satisfies that desire in us for change. Punk comes out of (the idea) that I want something new.

"I don't think humans feel that deep need for demonstrable rejection of the old and embracing of the new because they feel there is so much being satisfied technologically. Whatever urge that was to stick a safety pin in your cheek and go create a new dance, you don't see that anymore."

INSIGHT

Fans, critics clash over superheroes

Richard Crouse
For Metro Canada

Batman v Superman: Dawn of Justice didn't do well with critics, but was a giant hit with fans. The New Republic called it an "indigestible, posturing, two-and-a-half-hour mope-fest," while Time Out blasted it as "a $250 million tombstone for a genre in dire need of a break."

In my written review I gave it an unenthusiastic two out of five star rating, describing it as "essentially a long trailer for the next DC superhero ensemble movie tagged on to a WrestleMania style smack down." On my regular Canada AM review segment I joked it should have been subtitled Yawn of Justice.

About four seconds after I wrapped my television review the first of many tweets and Facebook responses started cluttering up my social media pages. Most of them were variations on this one from Frank in Nova Scotia: "@RichardCrouse good thing #DawnOfJustice was made for fans and not critics. These are usually the good ones. Can't wait to see it."

I hope Frank liked the movie. I suspect he was part of the opening weekend's overwhelmingly male demographic — 66 per cent of the audience were male, 63 per cent between the ages of 18 and 34 — who flocked to the film.

Superhero movies tend to accentuate the divide between critics and fans and rarely has the gap been wider and deeper than it is in the reaction to Batman v Superman.

The thing is, there shouldn't be a divide between professional moviegoers and fans. We may express our opinions differently, but as Devin Faraci pointed out recently, film critics are film critics because they are passionate about movies.

For sure there are critics who automatically dismiss superhero movies, or romantic comedies. But no one forces you to read them. Choose your favourite film critic like you would a friend, someone who shares your enthusiasms, or challenges them.

Rotten Tomatoes gave Batman v Superman a lukewarm 29 per cent rating while taking in $166.1 million in the North American box office. HANDOUT

THE TV DINNER JESSICA ALLEN

Make no mistake: Harrison wasn't simply a gruff glutton — although he did suffer from gout, and he sure did love to drink

I was going to write about why you should go see The Lobster, a beautifully odd film that has a 92 per cent score on Rotten Tomatoes, instead of Batman v. Superman, which brought in $424.1 million internationally last weekend despite its dismal 29 per cent rating.

But I'm not in the mood to be patronizing, at least not today, because Jim Harrison has passed away. He wrote poetry, fiction, and nonfiction, the latter of which has meant a great deal to me.

You might know Harrison as the author of Legends of the Fall, a novella he wrote in 1979 that was adapted into a Hollywood film starring Brad Pitt and Anthony Hopkins in 1994.

But "Mr. Harrison was also known for his essays on food," the New York Times wrote on Sunday of the 78-year-old who died on Saturday. "He was perhaps the leading exponent of the small sub-genre in which shotguns and shoe leather play a far greater role than balsamic reduction."

Make no mistake: Harrison wasn't simply a gruff glutton — although he did suffer from gout, and he sure did love to drink: his definition of a glass of wine with dinner meant a 16-ounce pour.

Harrison was a true Epicurean, where "a simple brunch of leftovers" might include "a pasta made from Swiss chard, fresh tomatoes, and copious garlic, and a duck leg and thigh."

Existentialism, after all, requires a healthy appetite.

"I get real tired and hungry trying to figure out the nature of existence, the nature of nature, and the apparent stillness at the heart of being," he wrote.

I fell hard for the way Harrison described living — in between stuffing truffles into a woodcock he'd shot and dinners with Jack Nicholson or Orson Welles — in his nonfiction, which has been called misogynistic.

But discoursing on nature, sex, art, food, death and the hows and whys behind why the hell we're here, transcends gender, if you ask me.

He did this often during hunting expeditions at his cabin in Michigan's Upper Peninsula, where he'd prepare both simple and lavish meals with his best friends, Montana-based painter Russell Chatham (Nicholson collects his art) and the Frenchman Guy de la Valdene. What I would've done to have pulled up a chair to that table.

The cabin is also where Harrison, whose wife of 55 years, Linda, passed away in October, sought solitude during depressive bouts. He was like a modern-day Thoreau, whom he quoted often — along with references to Buddha, Rilke, and Chinese poets — in the way he chronicled his observations of nature, which was never convoluted.

Mostly, he was in awe of it: the small feeling you get under a night sky, thick with dark and stars.

And then there was food: "On my deathbed I will not care how I looked in the mirror, or to others, for that matter," he wrote 25 years ago in an essay called One Foot in the Grave, "but I will rehearse with pleasure the tablespoon dipping inaudibly into the kilo of beluga."

I can't afford caviar but I did have a bone-in cooked ham, which I glazed with a slick paste of apricot preserves, Dijon mustard and thyme, and served alongside scalloped potatoes and a simple cabbage salad.

We watched Legends of the Fall and argued over who'd seen it more times. It sure is clunkier than I remember.

But that wasn't Harrison's fault.

(And let's not blame Brad.) I cried all the same.

THE MOVIE: Legends of the Fall

THE MEAL: Bone-in cooked ham

NEW FILM

For con man, lying is just a way of life

The movie Thank You for Calling is based on the exploits of French-Israeli con man Gilbert Chikli, who would pretend to be a CEO or intelligence agent. THE ASSOCIATED PRESS

The man who nearly stole over 70 million euros from France's business and banking elite is a serial manipulator who sees fraud not as a crime but as a way of life, according to those behind a new film based on the con artist's exploits.

Je Compte sur Vous — released in English under the name Thank You for Calling — is based on the exploits of the French-Israeli Gilbert Chikli, who engineered rogue payments by phoning companies and pretending to be the firm's CEO or a French intelligence agent. Those behind the film, which was released in France on Dec. 30, describe Chikli as a chameleon of a man, a brazen charmer whose boasts suggest he has yet to abandon his criminal career.

"Chikli is an unstoppable seduction machine," said director Pascal Elbe in a recent interview in Paris. "For him it's a job; it's definitely not a con."

Chikli's heists were astounding in their daring. With a little background research and a well-placed phone call, Chikli could cajole or bluster his way into organizing the transfer of several hundred thousand, a million or even millions of euros to bank accounts in Dubai, Russia, China or Hong Kong.

His victims put down the phone convinced they were speaking to their boss or to a genuine French spy. One spoke of being taken in by a man with "an extremely powerful tone of voice and self-assurance." Two more were convinced — somehow — to withdraw cash and hand-deliver it to bars in Paris. When tricks or charm didn't work, Chikli turned to bullying; another employee was threatened with losing her job if she didn't immediately organize the transfer of nearly $2 million to the U.K.

"He adapts to his interlocutor; that's what's crazy," Elbe said. "He improvises. He reacts. He riffs off what you're saying and gives you back what you want to hear."

THE ASSOCIATED PRESS

Manage your spring allergy symptoms

We all look forward to the first signs of spring. Unfortunately for many Canadians, the sniffling, sneezing and watery eyes of annoying spring allergies can overshadow the enjoyment of the season.

The big trigger is pollen. As plants bloom and trees come to life, pollen is released into the air. We breathe in the pollen and our immune systems respond by sending antibodies to attack the allergens. This causes a release of chemicals called histamines into the blood, setting off allergic symptoms. Typically, the hotter and drier the weather, the more pollen is released. When wind picks up, pollen counts are higher because the wind carries it further. When it rains, the counts are lower as the water washes pollen away.

One way to help manage allergy symptoms is with over-the-counter remedies designed to reduce symptoms. Products fall into these general categories:

Antihistamines
These help to temporarily reduce sneezing, runny nose and itching by lowering the histamines your body produces. There are various formulations that do this: desloratadine (e.g., Aerius), loratadine (e.g., Claratin), cetirizine (e.g., Reactine) and sedatives (e.g., Benadryl). You may have to try different formulations to find the one that works best for you, but always make sure to read and follow the label.

YOUR ALLERGY ACTION PLAN

- Stay inside when pollen counts are highest: early in the day and when the weather is dry and windy.
- Keep doors and windows shut and regularly vacuum and dust your home.
- Use high-efficiency particulate air (HEPA) filters if your home has forced-air heating or air conditioning.
- Wash your clothes and hair after you've spent time outside.
- Leave the lawn mowing and weeding to someone else in your family.

ISTOCK

Nasal sprays
These can help clear nasal passages. Some are decongestants, shrinking the blood vessels in the nasal passages to help relieve congestion for a few days only. As an alternative, a saline spray used to rinse and moisturize your nasal passages is a good choice (e.g., Hydrasense).

Anti-itch creams
Those with antihistamines (e.g., Benadryl) can help relieve itchy skin due to allergies.

Eye drops
Some eye drops contain an antihistamine that helps relieve itchy, watery eyes and a decongestant that can help relieve redness. Decongestants should not be used for more than a few days.

The medications mentioned in this article may not be right for you. Always read and follow the label before using and make sure to consult your health-care professional or your local Shoppers Drug Mart pharmacist to find the best solution for you.

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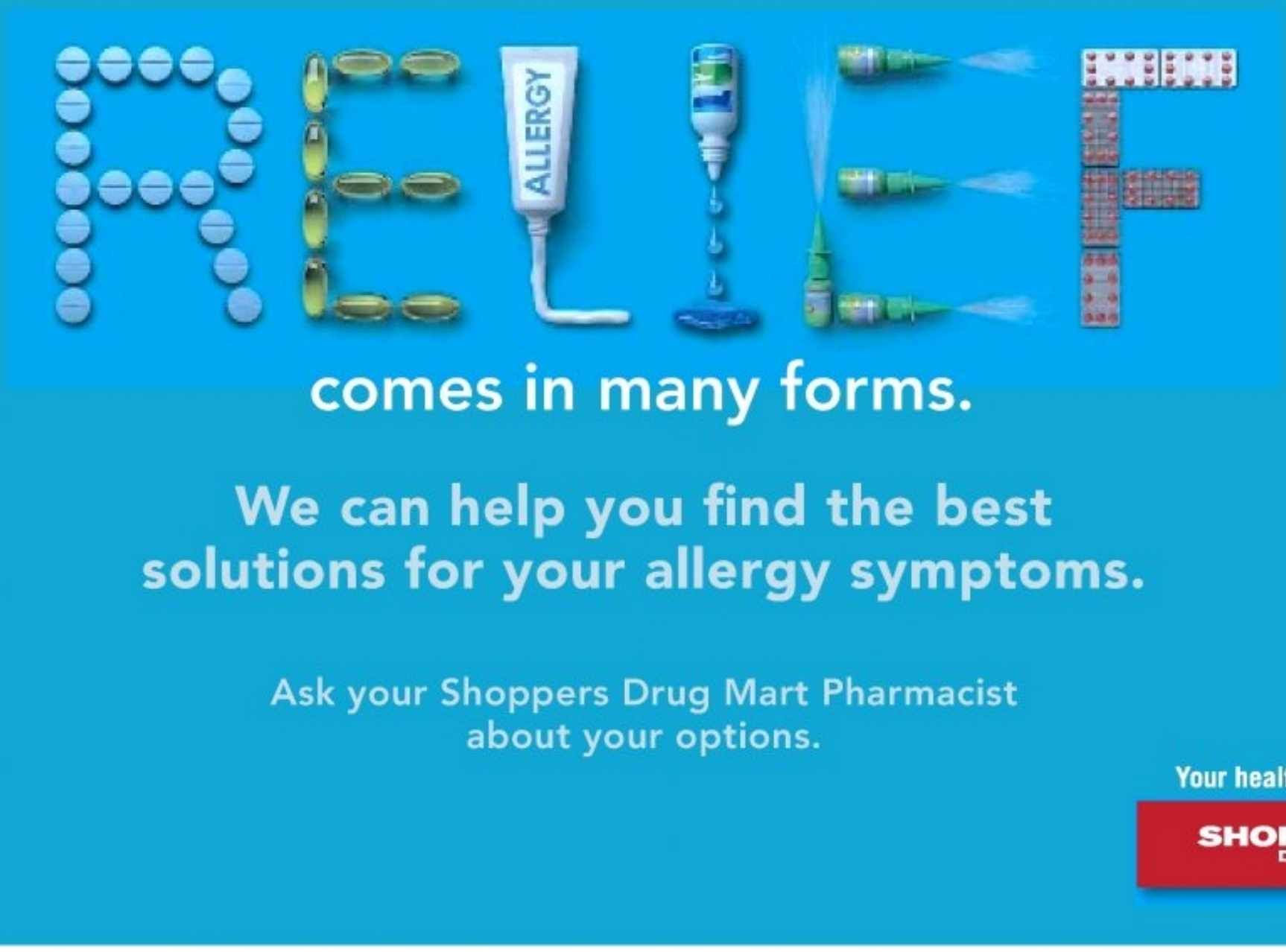
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McDermott 'fearless' for new TV series

TELEVISION

Actor says he is in a 'great place' as series set to debut

Dean McDermott plays police chief Iain Vaughan in the new horror series Slasher. CONTRIBUTED

The last time viewers saw Dean McDermott on the small screen he was at one of the lowest points of his life.

On one hand he had been juggling hosting duties on Chopped Canada for two seasons. On the other he was baring his soul on reality series True Tori, attempting to reconcile his marriage to Tori Spelling following a public affair, and dealing with depression and suicidal thoughts.

As he debuts this Friday in Super Channel's horror series Slasher, he's very much a reassembled man.

"I'm in a really great place now with my sobriety and my headspace and my depression, and I just feel great and I feel ready," he says. "I just felt more open as an actor and as a person to sort of try new things and be fearless. I guess it's because I'd been through so much.

"I'd been dragged through the mud, I'd hit bottom. I was in a horrible place personally and so now being on set it was, I've been to hell and back, so nothing really throws me off my game now."

On Slasher, McDermott plays police chief Iain Vaughn, a seasoned vet who is none too pleased when the child of a couple brutally murdered in their home on Halloween returns to town decades later with her husband in tow. Naturally, it doesn't take long for gruesome killings to resume, despite the original killer now being locked safely away.

"I'm an actor first and foremost, that's what I was for 20 years before I came to L.A. Then the reality thing just kind of fell in my lap and it was fun to run with for a while until it wasn't," McDermott explains. "I was so happy and blessed and grateful for the role on Slasher because it was time for me to get back to my first love of acting in scripted television."

As McDermott gears up for the Canadian premiere of the eight-episode series, he wants Canadians to know that leaving Chopped Canada when it was renewed for a third season wasn't by choice. Although he's firm that Shaw Media supported him and stuck by him after the first season when news of his affair broke and True Tori aired, they still parted ways on a sour note.

"(Shaw) was just like, 'It's a network choice,' to later find out that it was financial. They launched the show on my back and then got a cheaper host (former Bachelor Canada Brad Smith)," McDermott says.

"It really p—d me off because I love that show . . . it left a bad tasted in my mouth when they approached me and told me that. If it was financial, talk to me about it. I would have taken a pay cut." TORSTAR NEWS SERVICE

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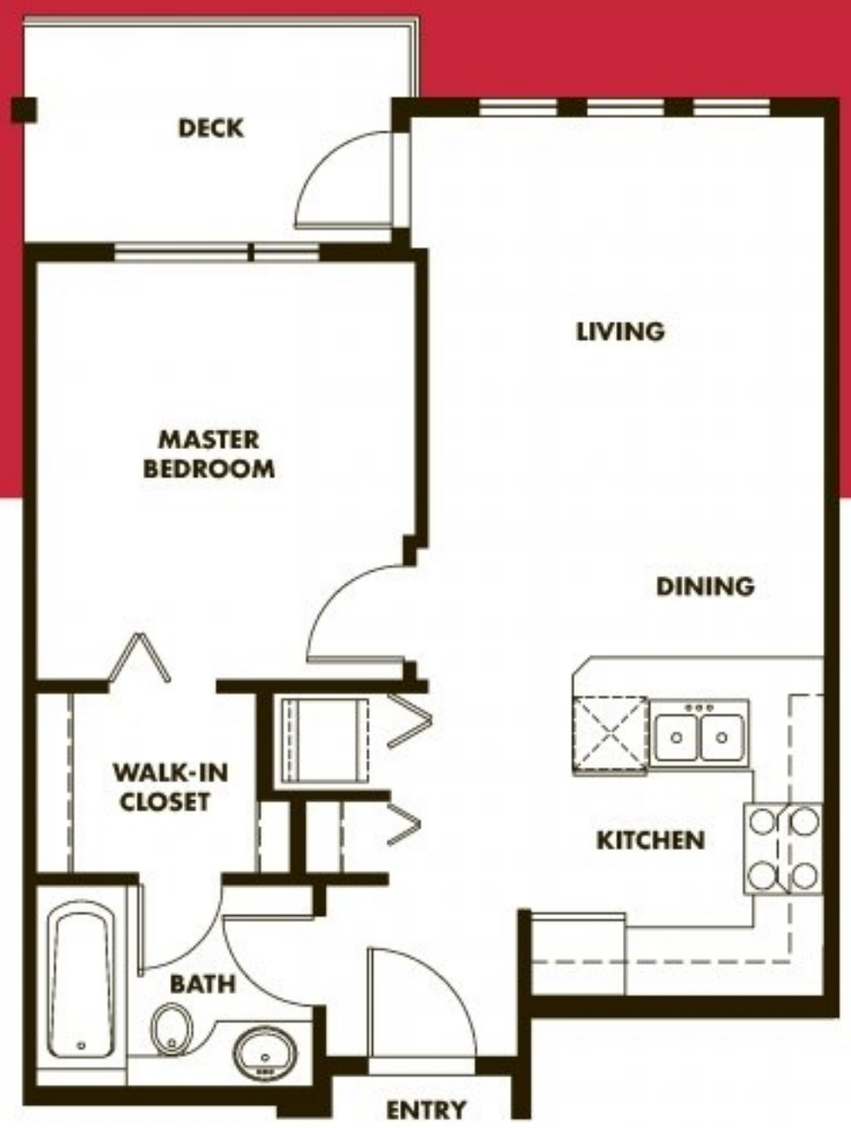

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The faith and fear that comes with being a parent

MIDNIGHT SPECIAL

Jeff Nichols talks anxiety, ambivalence in sci-fi road film

Richard Crouse
For Metro Canada

Joel Edgerton, Michael Shannon, Jaeden Lieberher and Kirsten Dunst in Midnight Special.
BEN ROTHSTEIN/COURTESY WARNER BROS. ENTERTAINMENT/TNS

In the films Take Shelter and Mud, director Jeff Nichols explored themes of social anxiety caused by fear of the unknown.

When I suggest that his new movie, Midnight Special — a sci-fi road film about a father and a son with special powers — continues that examination, he agrees, but only to a point.

"I certainly think you could make that statement and it would be fair," he says, "but it doesn't exactly line up with what I was thinking.

"I was thinking about what it is to be a parent. I think being a parent is to have faith in the unknown.

"You don't know what your children are going to grow up to be. You don't know what's going to happen to them. You don't know if they are going to make it all the way.

"You have to have faith in who they can be, who they are developing into. Who they are currently.

"I think that is what parenthood is and I think that is why there is so much fear and anxiety that comes from being a parent."

Nichols says he originally came up with the idea for a "sci-fi government chase film" but adds, "That could be really silly, so I think it is up to me as a filmmaker to apply these kind of personal feelings I have and my relationships to the locations and to the world at large to try to ground this film and give it some kind of actual purpose."

To complete the picture, Nichols cast Michael Shannon as the father.

A frequent collaborator, Shannon has starred in all of Nichols' films, including the upcoming Loving.

"I think he makes me a better writer, especially in a film like Midnight Special where I'm trying to reduce the need for backstory to be delivered through monologues.

"When you have a person like Mike, he fills all the spaces between the lines with all that subtext.

"He carries it on his face, in his countenance. He is the complete story and he doesn't even have to say a word."

Midnight Special is the extraordinary kind of sci-fi movie that teases out the information bit by bit.

We learn enough to stay involved and are treated to several spectacular and exciting scenes along the way, but when it comes time to put a period on the story, Nichols instead uses an ellipsis in a metaphysical ending that will mean different things to different people.

It owes a nod to his old hero Stephen Spielberg but feels distinctly like a Jeff Nichols film.

"If you look at ET and the bicycle flying and all these other moments that are classic moments in Spielberg films, they are wonderful. I don't do that.

"For better and for worse, I don't do that. Maybe it's because I live in the modern age and am a bit more of a pessimist.

"I don't consider myself a cynic. I like films that ultimately are hopeful, but there is a different kind of conclusion in my films than his films.

"I think my films point toward hope but don't fully embrace it. I think that is the difference.

"It could also be the difference between a blockbuster and whatever this is going to be, but that is who I am as a person."

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Kansas City, Kansas City here I come

MUSIC

Good music awaits in this city known for jazz and blues

Kansas City has a wide-open selection of bars to help the business traveller shake off that last meeting and down beverages poured from full-size bottles not found in the mini-bar.

There are also loads of taverns that aim to sully your gin and quiet with music — DJs, karaoke, a guy on a guitar.

And then there is the Blue Room, where patrons head when the need for good music pushes aside those lower-brain urges. You don't go to the Blue Room just to have a drink, chit chat or get rid of another night.

You go to the Blue Room to listen, and not in a background-fill-in-the-gaps kind of way, but in a "Hey — pay attention!" kind of way.

The Blue Room is a small two-tiered space adjoining Kansas City's American Jazz Museum in the Historic 18th & Vine Jazz District, a few miles from the hotels and convention locales of Crown Center, downtown and the Country Club Plaza. It's dark, the bar is stocked, the tables small.

On a recent Friday night, by 8:40 p.m., apart from a couple bar stools, the place was standing-room-only packed. The draw that night was the James Ward Band, a six-piece contemporary jazz group that hushed the crowd and set one gentleman in an oversized sport coat dancing alone in front of the bar.

Most everyone else sat quietly, drinks before them, heads facing forward, soaking it in. A few raised their voices and clinked glasses during the set, but they were a minority.

The Blue Room "is a working jazz club exhibit" that hosts veteran musicians and new bands, locals and the internationally known, said Christopher Burnett, marketing and communications manager for the American Jazz Museum. Ida McBeth makes regular appearances.

It's open Thursday, Friday and Saturday evenings, with the last Monday of the month usually for big bands, and the last Thursday for Latin Jazz and Salsa. "We've got some pretty good Latin bands here in Kansas City, and they pack the place," Burnett said. "And, we have about a dozen big bands in Kansas City that are off the chain."

The Blue Room also holds a free jam session on Monday evenings where musicians of all skill levels can sit in with veterans. For the next trip to Kansas City, pack your sax.

THE ASSOCIATED PRESS

IF YOU GO

The Blue Room: 1616 E. 18th St., Kansas City, Missouri; club.americanjazzmuseum.org. Open Mondays and Thursday, 5 p.m.-11 p.m. (entertainment starts at 7 p.m., admission free); Fridays, 5 p.m.- 1 a.m.; Saturdays, 7 p.m.-1 a.m. (entertainment Friday-Saturday begins 8:30 p.m. with $10 cover unless otherwise noted).

The Blue Room. ASSOCIATED PRESS

Area Museums: The American Jazz Museum and Negro Leagues Baseball Museum are located in the same building as the Blue Room. The museums are open Tuesday-Saturday, 9 a.m.-6 p.m., Sundays noon-6 p.m.; combined tickets to both museums cost $15, adults, and $8, children 5-12, or for one museum, $10, adults, or $6, children.

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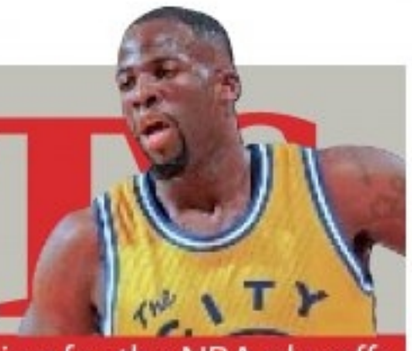

"It is something we want to do": Draymond Green whose 68-7 Warriors will push for a record 73 wins instead of resting for the NBA playoffs

Kudo caught for con

SOCCER

MLS gives striker one-game ban retroactively

Cam Tucker
Metro | Vancouver

The Vancouver Whitecaps will be without Masato Kudo for Saturday's match with the L.A. Galaxy after Major League Soccer suspended the Japanese striker for one game.

The league's disciplinary committee, in a decision released Thursday, ruled that Kudo embellished when he hit the turf in the box during the 22nd minute of play last weekend versus the Houston Dynamo, leading to a Vancouver penalty kick, which Pedro Morales scored on. As it turned out, that was the only goal of the game, and the call drew the ire of Houston's coach, Owen Coyle, in his post-match comments to reporters.

Because that play had a "material impact" on the game and led to a penalty, according to the league's rules on embellishment, Kudo received the retroactive one-game ban.

Kudo, who was making his first start for the Vancouver side, becomes the third Whitecaps player in the opening four weeks of the season to receive a ban, joining Christian Bolanos and Kianz Froese to sit out.

"It is what it is. There was contact on the play. They judged there was not enough contact to make him go over and they made the decision to ban him," said head coach Carl Robinson.

"I respect that decision. I don't condone diving. I won't condone diving, so I've let the group know that. But there was contact. We'll take it, accept it and move on."

Robinson knew by Tuesday there was the possibility he could be without Kudo for this weekend. The suspension comes just as numerous Whitecaps players — Bolanos, Tim Parker, Kendall Waston and striker Blas Perez — have returned from international duty.

None of those returning players trained on Thursday. However, depending on how he feels after traveling back to Vancouver, Perez could be used to replace Kudo up front versus the Galaxy, according to Robinson.

Masato Kudo will sit out this Saturday's match against L.A.

JEFF VINNICK/GETTY IMAGES

WHEELCHAIR RUGBY

Support catches Green off guard

Byron Green's specialized spare wheels may never be returned to him, after they were stolen from his car last week.

However, the Vancouver wheelchair rugby player, who is competing for a spot on Canada's Paralympic team for Rio, has received two new replacement wheels after an anonymous donor came forward toward the end of last week, offering to help Green after he made the gut-wrenching discovery that equipment he needed to play the sport had been taken from the back of his car while it was parked near Granville Island.

"I'm very well supported just from friends and family. They're pretty proud of me and I owe a lot of what I've done to them," Green, 31, told Metro.

"But to have the general community reach out like they did is incredible. It took me off guard."

The total cost of the stolen wheels, which are specialized for the contact sport of wheelchair rugby, was around $2,300.

Green says the anonymous donor contacted police, who then contacted Green to get a plan for new wheels in motion.

One of the new wheels has already arrived, while the other is on its way, said Green, who can now pick up the intensity in his training to the same level as before the incident.

"Obviously I've talked with (the donor) and expressed my gratitude but it almost didn't feel like enough," said Green.

CAM TUCKER/METRO

IN BRIEF

Benn hits 40-goal mark

Jamie Benn scored his 40th goal, Antti Niemi made 31 saves and the Dallas Stars beat the Arizona Coyotes 4-1 on Thursday night to move two points ahead in the Western Conference race.

Dallas (103 points) pulled away from second-place St. Louis (101).

THE ASSOCIATED PRESS

Tavares helps sink Jackets

John Tavares scored twice and Anders Lee got a power-play goal 5:23 into the third period to lift the New York Islanders over the Columbus Blue Jackets 4-3 Thursday night. THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Thursday's Canucks game in San Jose.

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Jays flock around bringer of the reign

BLUE JAYS

Donaldson the spur as Toronto defends crown

Toronto Blue Jays third baseman Josh Donaldson has spread his infectious positivity throughout the team's camp this spring. STEVE RUSSELL/TORONTO STAR

Josh Donaldson would announce his presence loudly each morning by blaring tunes from the Bluetooth speaker at his locker. Later, the reigning American League MVP would take the music with him to workouts and batting practice, where he'd offer tips and talk hitting with rookies and veterans alike.

Donaldson, the Blue Jays' all-star third baseman, set the tone from the moment he arrived at camp this spring. The team is counting on him, and other veterans, to maintain the rare clubhouse chemistry that was a big part of Toronto's breakout 2015 season.

"I don't think that happens everywhere where a team's superstar is so willing to help," said second baseman Ryan Goins, who's added a leg kick in his approach at the plate to mimic Donaldson's. "JD, (Jose) Bautista, Tulo (Troy Tulowitzki), Eddie (Edwin Encarnacion), they're all like that. The proof of it is in the pudding last year. You could feel something special in how we acted with each other. Everyone felt like the person next to them had their back."

For the first time since 1994, the Blue Jays open play as defending AL East champions.

While their post-season ended earlier than they wanted it to — they lost in six games to Kansas City in the AL Championship Series — the core of that group is returning for 2016, and they're closer than ever.

Donaldson has had a lot to do with that, continually fostering clubhouse chemistry by making everyone feel welcome.

He began one of his first days in camp by tossing a football around with newcomer Domonic Brown. Later he was spotted with Brown in the batting cages hours after workouts had ceased for the day.

"It was pretty impressive," manager John Gibbons said. "I hadn't seen anything like it before. One thing they do is they really help coach each other, and that's the ideal situation. You don't get that too often."

Toronto's core players saw each other frequently during the off-season. They met in Vegas for a UFC fight and convened at Bautista's for a onesie-themed Super Bowl party.

> **When you have 25 guys on the same page, now it becomes fun.**
> Josh Donaldson

Donaldson said he's a "big believer" in the chemistry the team has developed.

"Some people are for it, some say it's a non-factor but if you could have seen our clubhouse from the beginning of last season to the end of it you would definitely understand," he said. "You have teams that just show up to the ballpark and you have teams where guys look forward to showing up and being around the guys. When you have that, when you have 25 guys on the same page, now it becomes fun and you start having success. It's a special group."

Even players who weren't part of last season's team agree. Canadian left-hander and former Minnesota Twin Scott Diamond, who signed in November, was amazed at how quickly he felt included.

"I thought the Twins always had a tight knit group but it's not even comparable to this," said Diamond,.

Toronto opens the season Sunday in Tampa Bay with right-hander Marcus Stroman on the mound. The 24-year-old has made it clear he intends to fill the role of the staff ace left vacant when trade-deadline acquisition David Price signed a free-agent deal with Boston.

The Blue Jays finished 2015 with 93 wins, their most since the 1993 World Series season, to win the AL East and break a 22-year playoff drought.

"We had a pretty good attitude last year and I think that started with Russell Martin and Donaldson — they brought some toughness and energy and a lot of focus," Gibbons said. "But yeah, we feel good. We've got that monkey off our back, to win a division. There's definitely a good feeling."

THE CANADIAN PRESS

SKATING

Chan's eager to set the record straight

Patrick Chan is in third place in Boston. GETTY IMAGES

Patrick Chan has unfinished business.

The 25-year-old from Toronto goes into Friday's long program at the world figure skating championships in third place, poised to win his sixth world medal.

But regardless of the outcome, it's all part of a measured plan that will lead Canada's three-time world champion back to the Olympic ice, and hopefully a sense of satisfaction.

"Patrick would like to have his Olympic moment," said his coach Kathy Johnson. "To skate two good programs for himself, put two good programs out there on Olympic ice. For himself."

Chan walked away from competing after his silver medal performance at the Sochi Olympics. The second place finish was all the more heartbreaking since gold was virtually his for the taking.

Moments after he finished third in Wednesday's short program despite a fall on his triple Axel, Chan said he's already exceeded his own expectations for this comeback season.

Hanyu skated a flawless program that included two quad jumps, and will take a score of 110.56 into Friday's free skate. Defending champion Javier Fernandez of Spain is second with 98.52, while Chan's score was 94.84 points.

Chan has had to play catch-up this season as his rivals loaded up their programs with quad jumps. Hanyu and Fernandez both had two quads, which are worth major points, in their short programs, and will have three in their long programs.

Chan had one in his short and will have two in his long program. "Whether I think (the focus on quad jumps) is good or bad, it doesn't matter," Chan said. "I skate around these guys, and they're young and they're able to do these massive jumps. But for me, I like to let them go guns blazing." THE CANADIAN PRESS

IN BRIEF

James moves on up list

LeBron James scored 24 points to move into 12th place on the NBA's career scoring list, and the Cleveland Cavaliers defeated the Brooklyn Nets 107-87 on Thursday night.

James passed Dominique Wilkins with a three-point play in the first quarter. The four-time MVP has 26,689 career points.

Kevin Love added 19 points for Cleveland (53-22), which leads Toronto by 2-1/2 games in the East.

THE ASSOCIATED PRESS

Crowds swarm to Henderson

Canadian Brooke Henderson had by far the most fans following her around for the first round of the ANA Inspiration on Thursday in Rancho Mirage, Calif.

The 18-year-old from Smiths Falls, Ont., opened with a 1-over 73 and was six shots behind leader Ai Miyazato after the morning session. She is making her second start at Mission Hills after tying for 26th in the major championship as an amateur in 2014.

THE ASSOCIATED PRESS

IN BRIEF

Miller to play through pain

New York Yankees reliever Andrew Miller plans to pitch with a broken wrist in his glove hand. Miller sustained a chip fracture of his right wrist Wednesday when hit by a line drive off the bat of Atlanta's Willians Astudillo.

"I think I can work around it," Miller said Thursday before the Yankees played St. Louis.

THE ASSOCIATED PRESS

Sandoval benched by Sox

Pablo Sandoval has become a $95 million bench player.

The Boston Red Sox announced before their final spring training game Thursday that Travis Shaw, a 25-year-old who made his big league debut last May, will be their starting third baseman. Sandoval hit .245 last season with 10 homers and 47 RBIs.

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RECIPE Chicken Chili Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe will be your newest obsession for so many reasons (easy, fast, inexpensive) but the main reason we make it all time is because it's just so darn delicious.

Ready in
Prep time: 10 minutes
Cook time: 8 hours

Ingredients
- 6 boneless, skinless chicken thighs
- 1 1/2 cups prepared pico de gallo or salsa
- 1/4 cup fresh lime juice (about 1 1/2 limes)
- 2 teaspoons cumin seeds, lightly toasted
- 2 cloves garlic, minced
- 1/4 cup chopped fresh cilantro
- 12 taco shells (crisp or soft/flour or corn)

Directions

1. Place chicken, pico de gallo or salsa, lime juice, cumin seeds and garlic in a slow cooker and stir to combine. Cover and cook on low for 6 hours. (You can also cook on high for 3 hours.)

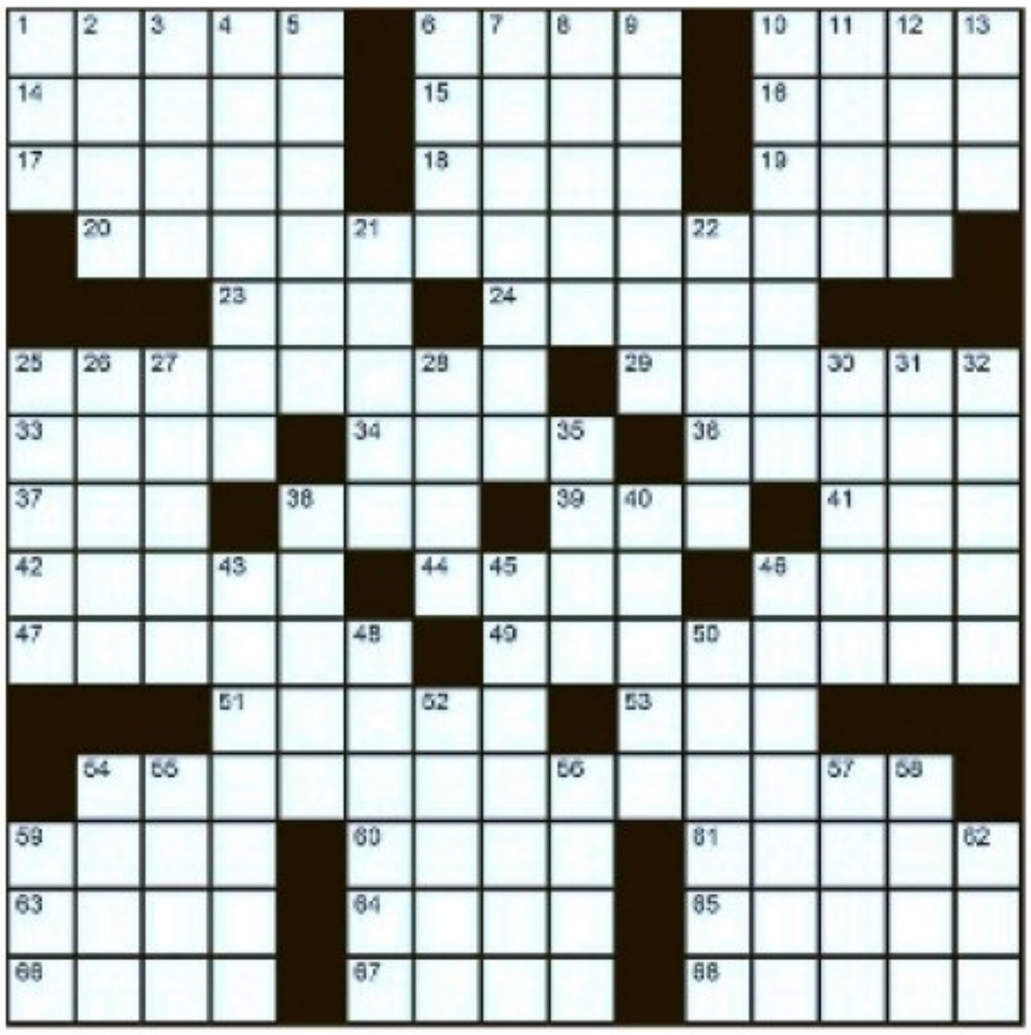
2. Allow to cool a bit. Scoop the chicken out with a big slotted spoon and place it in a large serving bowl. Use two forks to pull the meat apart. The chicken will shred easily. Stir in some cooking juice from the pot and top with the cilantro.

3. Place the shredded chicken, your taco shells and desired fixings on the table and let everyone put together their perfect taco.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Soooo 2015
6. PEI export, cutely
10. Superior at a French monastery
14. Tropical greeting
15. Other
16. Extra
17. Get rid of mist
18. German industrial region
19. Adjective's follower
20. Eugene Levy's anchorman character on "SCTV": 2 wds.
23. "__ for two and me for..."
24. Botanical casings
25. Bedding
29. Earthquakes
33. Genesis brother
34. Call for
36. Toronto __ Centre
37. Poultry product
38. Beaufort __
39. Un-new
41. Historic time
42. Jacket sported by a '60s rocker
44. Former currency in Italy
46. Apex
47. Bury
49. The despairing masses in Victor Hugo's Les Miserables
51. Perhaps
53. Ms. Jillian
54. Oh, God! Jim Carrey comedy of 2003: 2 wds.
59. Umpire's call about a ball!
60. Hillside
61. Sophia of 2009's "Nine"
63. In __ of (Replacing)
64. Cravings
65. Upper crust
66. Alberta town
67. Scandinavian story
68. Resign

DOWN
1. Suit shoulder insert
2. Helm position
3. TV-watcher's spot
4. Abbreviate
5. Bird of Jove's baby
6. Follower of 'Que' twice, in song
7. Feathering
8. Movies attendant
9. Skin layer
10. John Doe's memory loss
11. Barbarian
12. Very dry, as per champagne
13. 'Velvet' suffix
21. "The __ Mutiny" (1954)
22. Rolling Stones album of 1969: 'Let It __'
25. Panorama
26. Tom __ (Robert Duvall's character in 'Godfather' movies)
27. After __ (Mints)
28. Oscar-winner Patricia
30. "__ Magnolias" (1989)
31. The __ of the story...
32. Cobra, for one
35. "__ the Explorer"
38. Shrub variety
40. Hawaiian-style veranda
43. Twin brother of Remus in ancient Roman mythology
45. Reykjavik's realm
46. Puny puncture
48. "Ta ta!": 2 wds.
50. Fished
52. Divulged
54. Swelter
55. Bemoaned
56. Raised flatland
57. Clip
58. Fabled snow creature
59. Andy Capp's wife
62. Clear

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to count your blessings, and one of the biggest blessings for Aries this year is that you can improve your job. You also can improve your health.

Taurus April 21 - May 21
This year, more than a decade in the past and a decadent future, you have the best chance to enjoy vacations — a major vacation or a series of little getaways.

Gemini May 22 - June 21
This is an excellent year to benefit from real-estate deals. You will improve your home life and all your family relationships.

Cancer June 22 - July 23
A positive state of mind is the secret of happiness. And this is what you have in spades this year. It's easy to be optimistic!

Leo July 24 - Aug. 23
You can earn more money this year, which is good news for your sign — you like to spend big. You'll be laughing all the way to the bank.

Virgo Aug. 24 - Sept. 23
With lucky Jupiter in your sign now, life couldn't be better. Of course, nothing is perfect, because it never is. But you have the advantage now over all the other signs.

Libra Sept. 24 - Oct. 23
Your spiritual life will be more important now for a number of reasons. Welcome this opportunity to be introspective and come to terms with what really matters in life.

Scorpio Oct. 24 - Nov. 22
This is such a popular year for you! Enjoy meeting new friends. And enjoy joining clubs, groups and organizations. Remember: Your relations with others will benefit you this year.

Sagittarius Nov. 23 - Dec. 21
This is the perfect year to put your name up in lights. It's easy to impress others, because they see you in such positive terms. (Milk this for all it's worth

Capricorn Dec. 22 - Jan. 20
Grab every opportunity to travel, because you want to expand your horizons this year. This is also a good year for publishing, the media and higher education.

Aquarius Jan. 21 - Feb. 19
Gifts, goodies and the wealth of others will benefit you this year. Keep your pockets open and enjoy this advantage.

Pisces
Feb. 20 - March 20
This is a wonderful year for relationships for you. In fact, this is the best year in over a decade for Pisces people to get married. Oh my.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5						3		6
			7		9			
1				2				
	2						9	
		9		5		1		
	3						5	
				1				2
			6		4			
4		7						3

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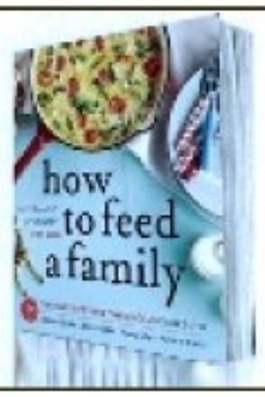

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	7	9	6	1	8	4	3	5
5	3	1	7	4	9	2	6	8
4	6	8	3	2	5	1	7	9
1	4	6	2	9	3	5	8	7
3	5	2	1	8	7	9	4	6
8	9	7	5	6	4	3	1	2
6	2	4	8	5	1	7	9	3
9	8	3	4	7	2	6	5	1
7	1	5	9	3	6	8	2	4

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